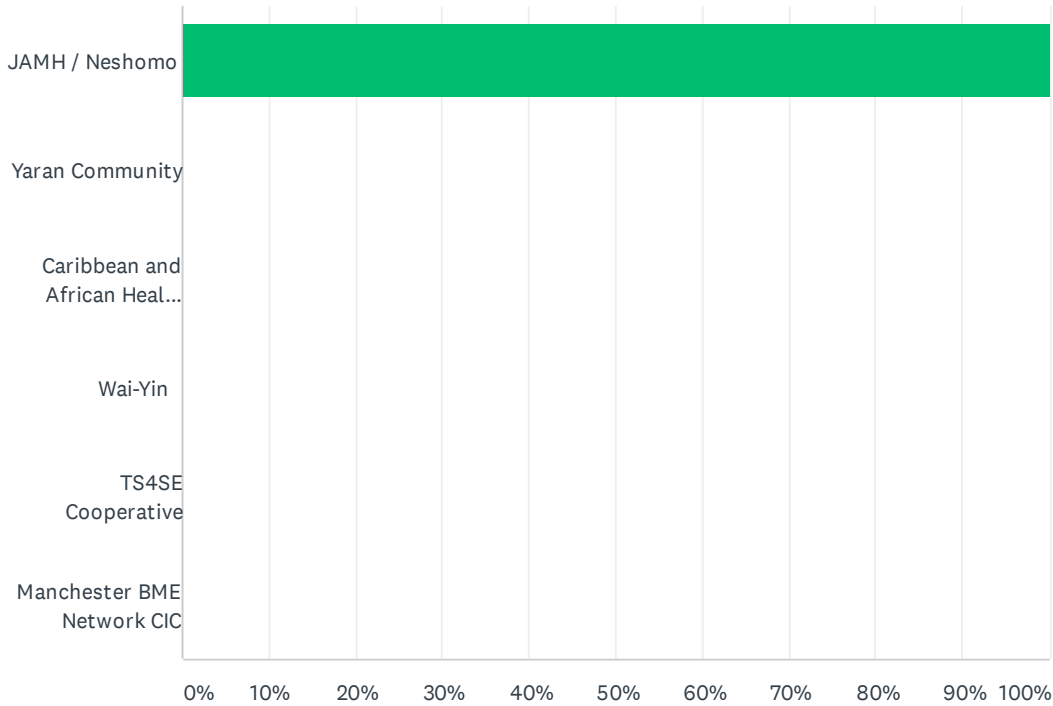


Q1 Which service have you accessed since June 2020?

Answered: 90 Skipped: 0

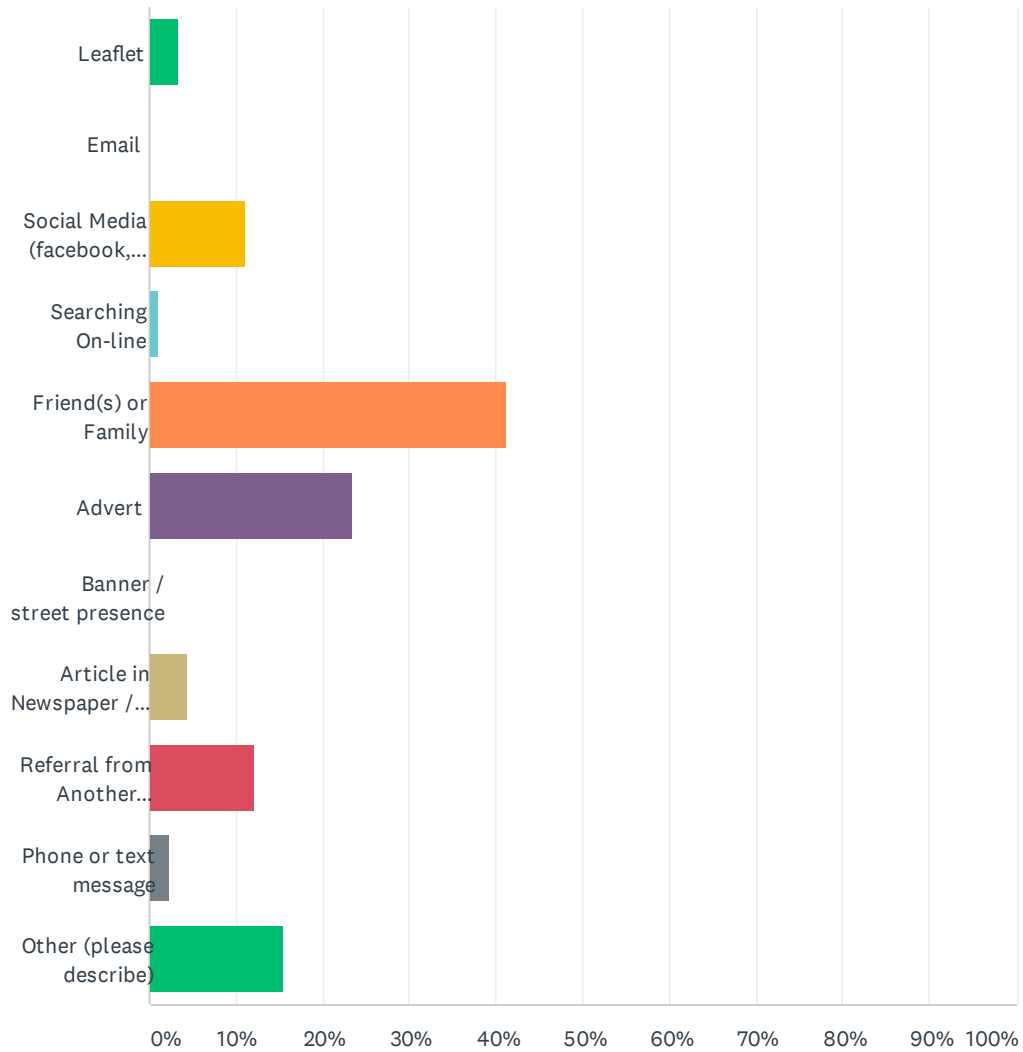


ANSWER CHOICES	RESPONSES	
JAMH / Neshomo	100.00%	90
Yaran Community	0.00%	0
Caribbean and African Health Network (CAHN)	0.00%	0
Wai-Yin	0.00%	0
TS4SE Cooperative	0.00%	0
Manchester BME Network CIC	0.00%	0
Total Respondents: 90		

Q2 How did you find out about the service?

Answered: 90 Skipped: 0

GM BAME Mental Health Evaluation 2020



ANSWER CHOICES	RESPONSES	
Leaflet	3.33%	3
Email	0.00%	0
Social Media (facebook, instagram, twitter etc.)	11.11%	10
Searching On-line	1.11%	1
Friend(s) or Family	41.11%	37
Advert	23.33%	21
Banner / street presence	0.00%	0
Article in Newspaper / Magazine	4.44%	4
Referral from Another Organisation	12.22%	11
Phone or text message	2.22%	2
Other (please describe)	15.56%	14
Total Respondents: 90		

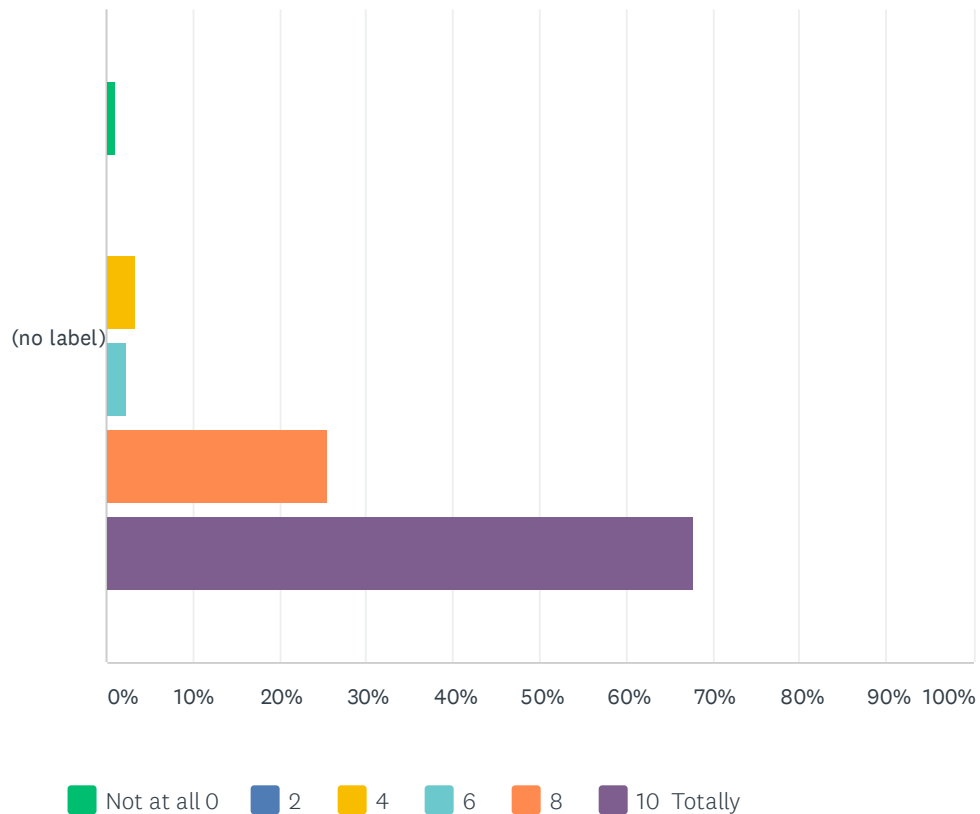
#	OTHER (PLEASE DESCRIBE)	DATE
1	My counsellor	2/17/2021 10:09 AM
2	My counsellor	12/16/2020 11:08 AM

GM BAME Mental Health Evaluation 2020

3	Referral by our child's therapist	10/20/2020 9:21 AM
4	Mental Health Team	10/5/2020 11:19 AM
5	Rabbi of Meade Hill shul	10/1/2020 3:39 PM
6	psychiatrist	10/1/2020 1:35 PM
7	psychiatrist	10/1/2020 1:10 PM
8	psychiatrist	10/1/2020 12:52 PM
9	Estelle Gillis, OT	10/1/2020 11:55 AM
10	Dr - St Gabriel's	9/30/2020 4:59 PM
11	recommended by a psychiatrist	9/23/2020 6:52 PM
12	Dr Marshall told me about it	9/17/2020 8:58 PM
13	Friend	8/27/2020 3:08 PM
14	Notification of services from Rabbi in Holy Law Synagogue	8/26/2020 9:07 PM

Q3 Were you satisfied with the support services you received?

Answered: 90 Skipped: 0

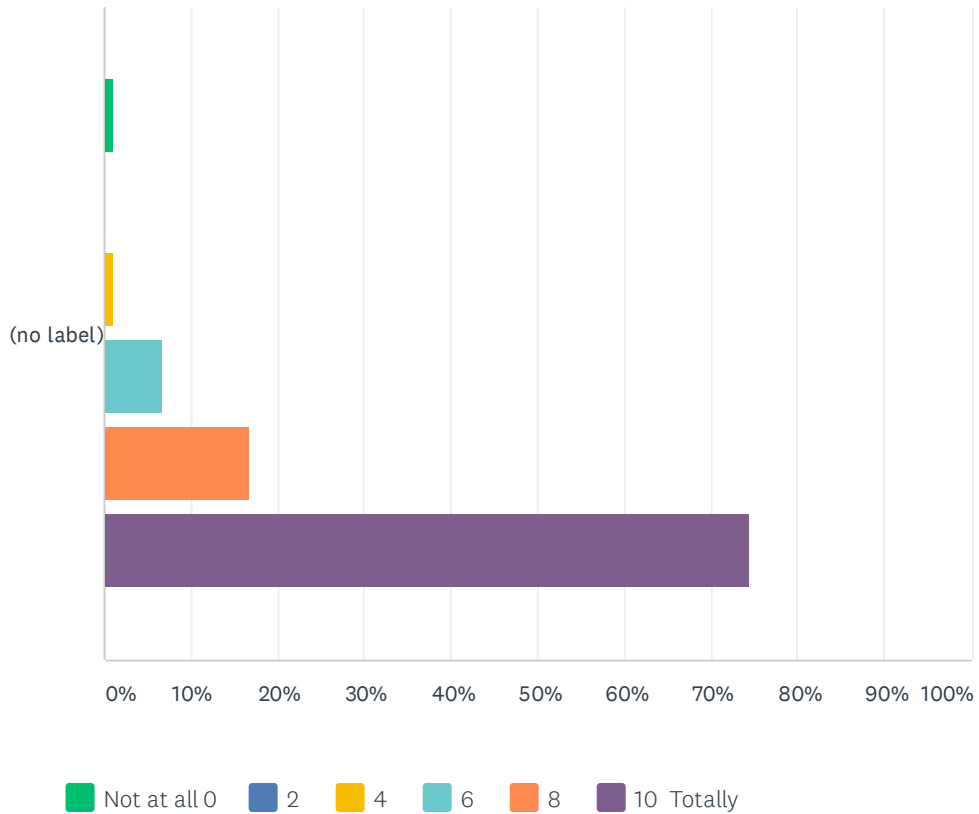


	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	1.11%	0.00%	3.33%	2.22%	25.56%	67.78%	90	9.09
	1	0	3	2	23	61		

Q4 How supportive would you rate the approach of your befriender, mentor, counsellor or therapist?

Answered: 90 Skipped: 0

GM BAME Mental Health Evaluation 2020

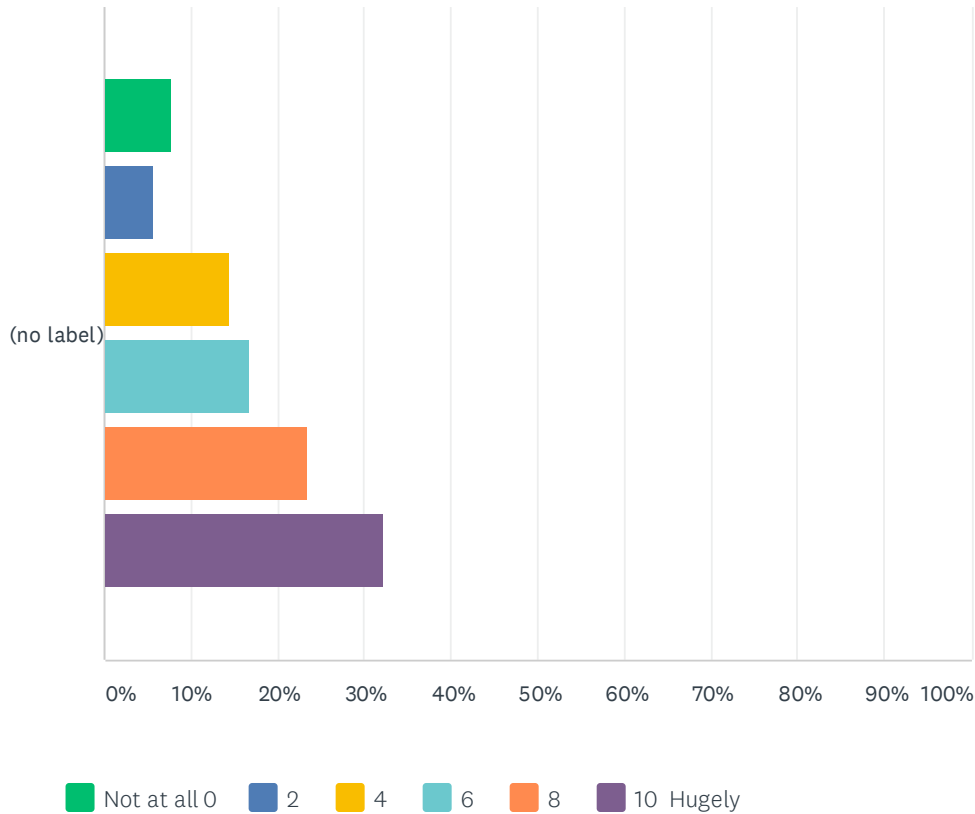


	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	1.11%	0.00%	1.11%	6.67%	16.67%	74.44%		
	1	0	1	6	15	67	90	9.22

Q5 Through getting support, do you feel more able to decide your own future?

Answered: 90 Skipped: 0

GM BAME Mental Health Evaluation 2020



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	7.78%	5.56%	14.44%	16.67%	23.33%	32.22%	90	6.78
	7	5	13	15	21	29		

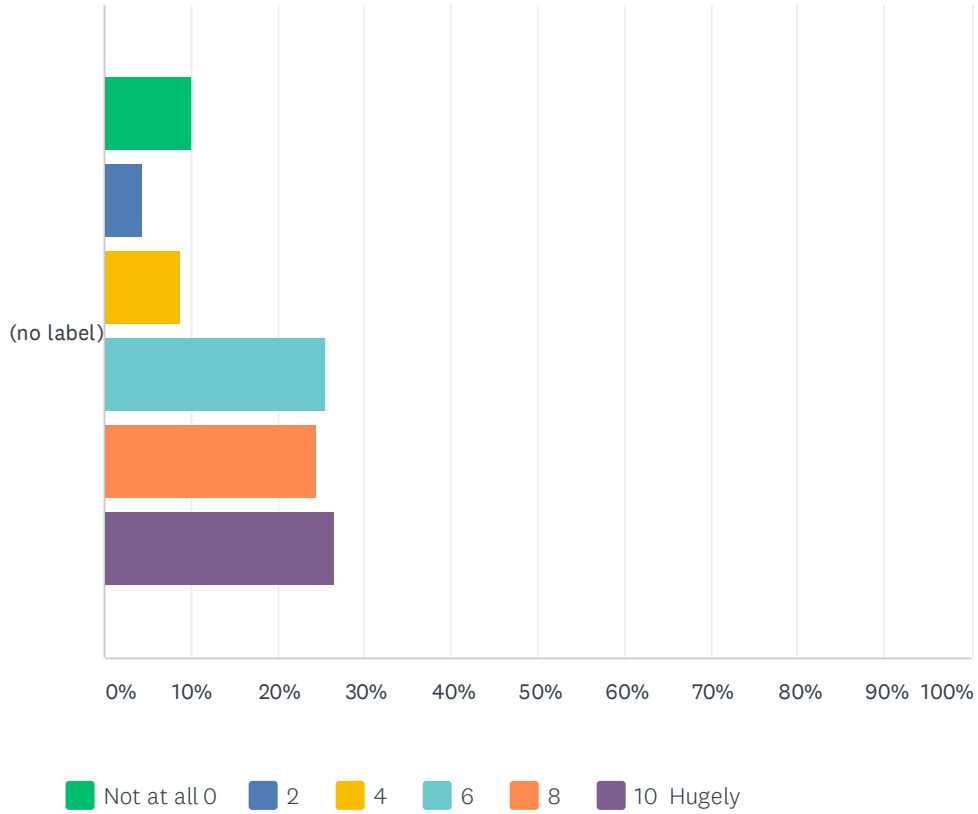
#	IF SO, HOW?	DATE
1	It has helped me through a really difficult time and given me insight. They have also given me information so I can continue getting help and told me where to turn to look for more support.	3/15/2021 6:40 PM
2	Because the therapy has given me someone who understands me.	3/11/2021 9:51 AM
3	Providing support to our daughter	3/10/2021 11:20 PM
4	I spent many hours talking to my counsellor and her feedback and listening skills helped me process and come to terms with my issues	3/10/2021 4:59 PM
5	I've managed to put behind me all the things causing me so much anxiety and depression	3/10/2021 12:58 PM
6	I feel more able to navigate my daily life but feel like I do need a little bit more support.	3/10/2021 12:20 PM
7	great to talk thing through and move on!!	3/10/2021 12:34 AM
8	I feel more confident, more clear headed, I have more clarity on how the past is affecting my present, and how to best deal with that.	3/4/2021 9:21 PM
9	Having come into therapy with no expectations and experience, I was walked through each step gradually and with care. I feel like I'm a whole new person with opportunities to work through my anxiety, anger and pain.	3/2/2021 7:25 AM
10	try to change how I think about things	2/17/2021 11:37 AM
11	Using the tools I have been given, still struggling but feel more prepared.	2/17/2021 10:09 AM
12	I am able to think through my situation	2/12/2021 10:05 AM
13	It changed and reframed my mindset. The work allowed me to view myself with a different mindset	2/4/2021 9:02 PM
14	I have been given tools to help myself manage with what i am struggling with.	2/1/2021 1:39 PM
15	Still a lot of work to be done...	1/27/2021 12:28 PM

GM BAME Mental Health Evaluation 2020

16	Having tools to cope with what life throws at me	12/16/2020 11:08 AM
17	I am a teenager and I am trying to put the techniques in place that the therapist has taught me.	12/9/2020 11:16 AM
18	The service is for my daughter	11/30/2020 10:11 AM
19	The counselling is helping to ease the very difficult relationship between me and my daughter and stabilise her behaviour.	11/29/2020 7:09 PM
20	Easy to hang out with friends so easier to socialize	11/22/2020 10:53 AM
21	My therapist has been amazing. She is really helping me with the issues I face, and helping me to feel more confident about the future.	11/9/2020 10:39 PM
22	I feel I will still need more help to become fully empowered but I'm on the right track and I want to heal	11/9/2020 8:26 PM
23	This was art therapy for my son and it helped him a lot.	11/9/2020 12:58 PM
24	I was given tips to help myself with positive messages and also very helpful to talk and feel validated	10/28/2020 11:20 AM
25	Positivity and support.	10/22/2020 11:51 PM
26	The support was for our daughter, who was really struggling emotionally, now she has developed and matured and is confident and completely settled in herself.	10/20/2020 9:21 AM
27	I have been shielding since March, have significant health issues, live alone with none of my family living nearby. It has been a really tough few months. However the counselling has enabled me to feel less 'scared', more confident eg re my decision making, have considerably & I have more self belief/feel more positive about the future. I've also been able to come to terms with the end of a long on-off relationship & to know that decisions made were definitely in my best interests.	10/18/2020 9:59 PM
28	Not applicable	10/17/2020 6:02 PM
29	I feel more optimistic about what to do in the future	10/5/2020 5:34 PM
30	I just do social chatting but feel could discuss deeper things as the relationship grows	10/1/2020 1:45 PM
31	A bit early to say as just started	10/1/2020 1:35 PM
32	I am not nervous about the support stopping when my mental health improves like with other services	10/1/2020 12:15 PM
33	I can talk to my befriender about anything, good person to trust and discuss with	10/1/2020 11:55 AM
34	Helps me to get out more and more active in doing things	9/30/2020 3:47 PM
35	The support that I have received has not influenced my decisions regarding my future	9/17/2020 8:58 PM
36	Great to be able to talk and work things out for my mind	9/16/2020 11:40 PM
37	More confidence	9/13/2020 11:28 PM
38	As I can talk things through	8/28/2020 1:17 PM
39	There is life after, clearer thinking and trying to feel void of negative feelings towards me	8/27/2020 6:05 PM
40	Let you sit back and re look at everything	8/27/2020 3:08 PM
41	Feeling a little more motivated to do things now.	8/27/2020 12:24 PM
42	By talking with someone	8/27/2020 10:46 AM
43	I was helped to feel in charge of myself and helped to control my anxiety and work on myself in a positive way	8/26/2020 9:07 PM
44	The therapist really helped me	8/26/2020 11:31 AM
45	Decided to challenge difficult situation and do something	7/26/2020 9:59 PM

Q6 Has support helped reduced your social isolation?

Answered: 90 Skipped: 0

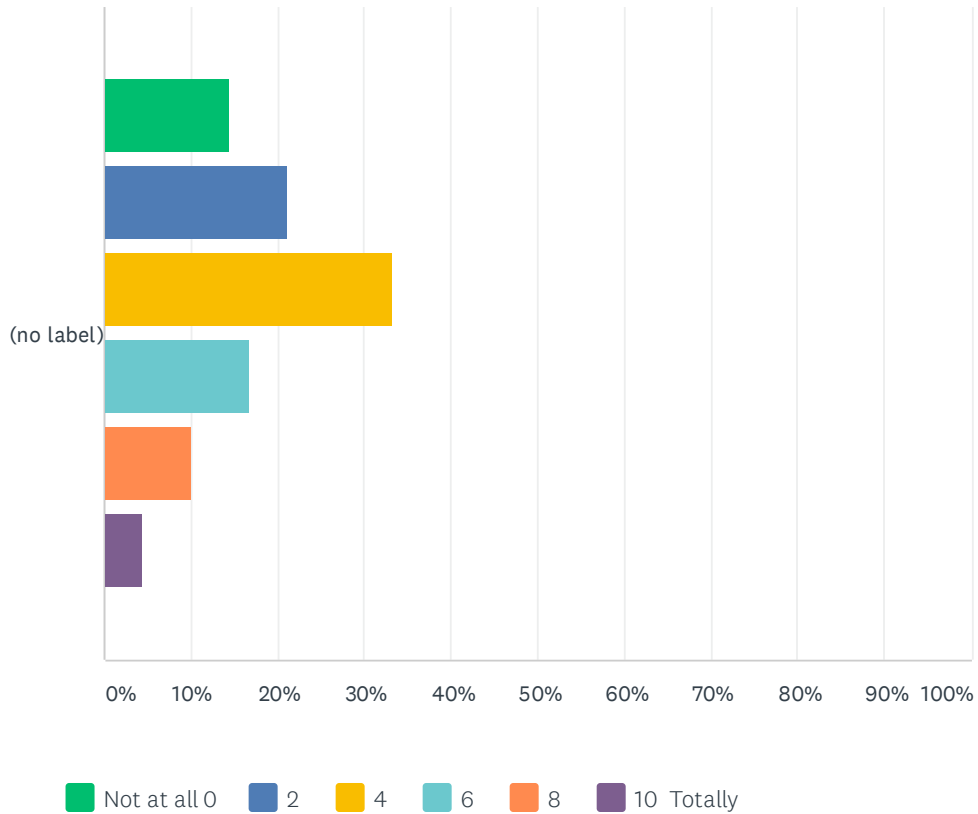


	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	10.00%	4.44%	8.89%	25.56%	24.44%	26.67%	90	6.60
	9	4	8	23	22	24		

Q7 How confident of making positive choices about your life were you before support?

Answered: 90 Skipped: 0

GM BAME Mental Health Evaluation 2020

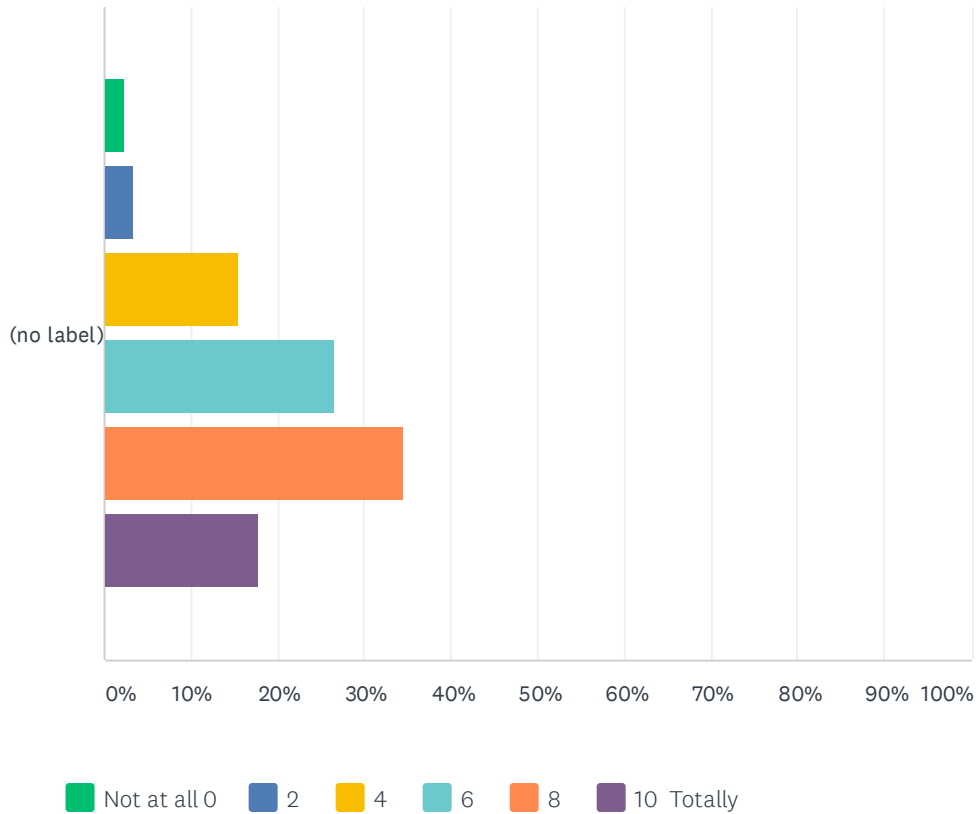


	NOT AT ALL 0	2	4	6	8	10	TOTAL	WEIGHTED AVERAGE
(no label)	14.44%	21.11%	33.33%	16.67%	10.00%	4.44%	90	4.00
	13	19	30	15	9	4		

Q8 How confident of making positive choices about your life are you now?

Answered: 90 Skipped: 0

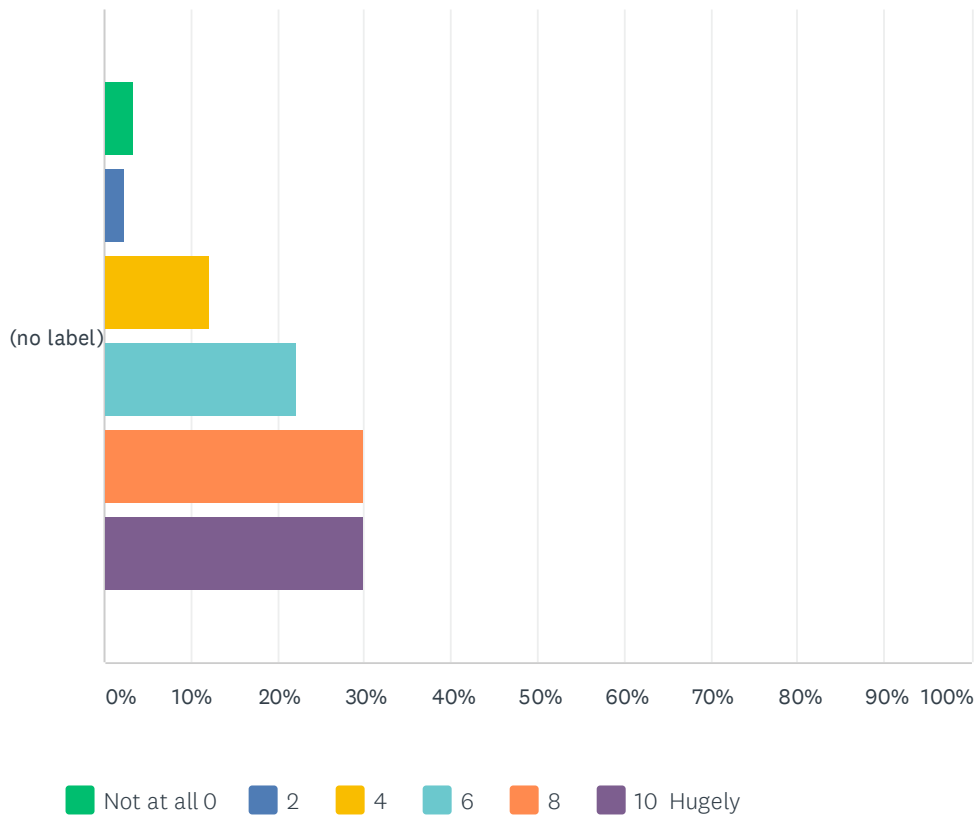
GM BAME Mental Health Evaluation 2020



	NOT AT ALL 0	2	4	6	8	10	TOTALY	TOTAL	WEIGHTED AVERAGE
(no label)	2.22%	3.33%	15.56%	26.67%	34.44%	17.78%			
	2	3	14	24	31	16		90	6.82

Q9 Has your involvement improved your mental health?

Answered: 90 Skipped: 0

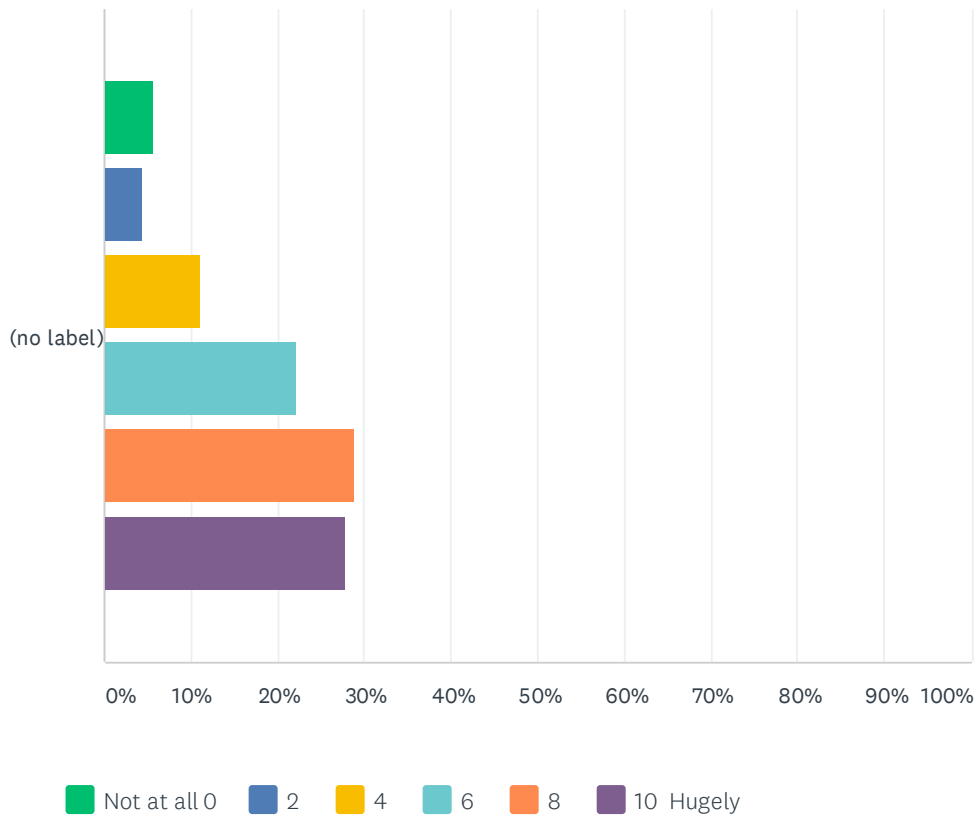


GM BAME Mental Health Evaluation 2020

	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	3.33%	2.22%	12.22%	22.22%	30.00%	30.00%	90	7.27
	3	2	11	20	27	27		

Q10 Has your involvement improved your overall well-being?

Answered: 90 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	5.56%	4.44%	11.11%	22.22%	28.89%	27.78%	90	6.96
	5	4	10	20	26	25		

#	HOW HAS SUPPORT CONTRIBUTED TO YOU MENTAL HEALTH AND WELL-BEING, IF AT ALL?	DATE
1	I think I possibly would have had a breakdown without it.	3/23/2021 5:42 PM
2	therapy has helped me confirm what I previously believed.	3/17/2021 11:44 AM
3	My therapist was really empathetic and supportive. She was wise and non judgemental.	3/15/2021 6:40 PM
4	It's made daily life easier.	3/11/2021 9:51 AM
5	I had felt overwhelmed by my problems and extremely distraught but the support has given me a safe supportive platform with which to work through my problems and identify some of the underlying causes which had largely baffled me	3/10/2021 4:59 PM
6	I feel more confident in my choices	3/10/2021 12:58 PM
7	I don't feel as isolated as I was. I had to socially isolate a number of times which adversely affected my mental health. Having someone there who I know I can speak to about all my worries has meant the world to me.	3/10/2021 12:20 PM
8	just being able to talk has been the biggest help for me!	3/10/2021 12:34 AM
9	Having someone to talk to, a professional has given my mental health a huge boost. Just talking through the past has helped me better deal with the present.	3/4/2021 9:21 PM
10	I feel like I have my life back, I don't feel ashamed to be by myself. I've learnt to enjoy the	3/2/2021 7:25 AM

GM BAME Mental Health Evaluation 2020

journey, to be compassionate towards myself.

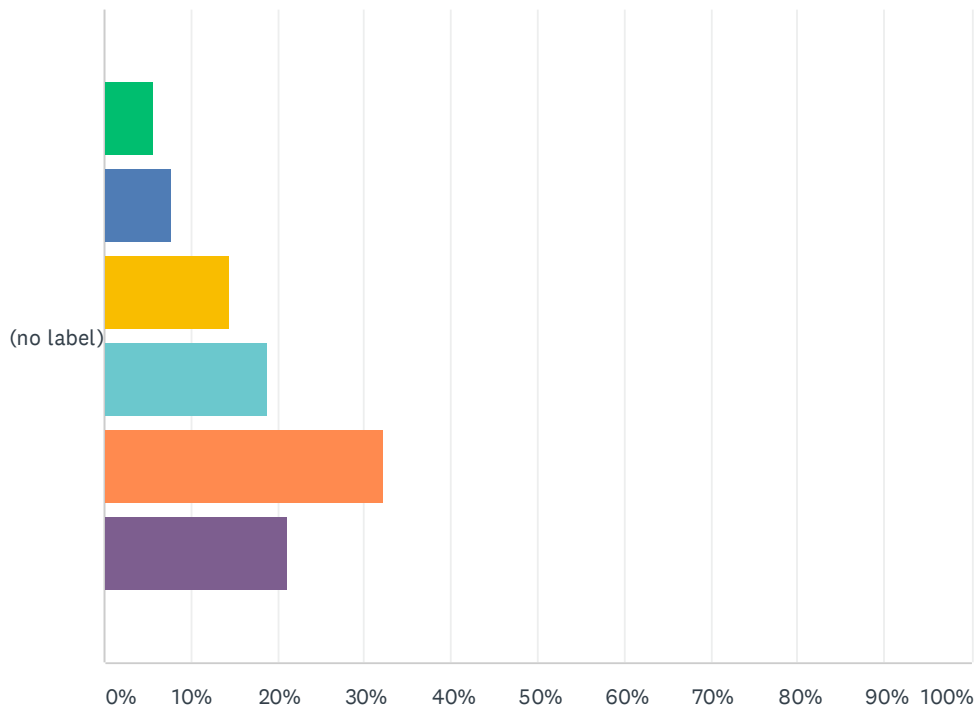
11	Tried to implement advice and has helped in some situations.	2/17/2021 11:37 AM
12	When I go into situations i am more relaxed . Less dependent on counselling now.	2/17/2021 10:09 AM
13	By nature, I am a positive person so am able to handle my situation but talking things through helped me to analyse my reactions	2/12/2021 10:05 AM
14	I have a different set of personal beliefs and have so much clarity	2/4/2021 9:02 PM
15	The issue was taking over my life and disturbing my day to day function/ i feel so much better/	2/1/2021 1:39 PM
16	We are just starting to break through the barrier	1/27/2021 12:28 PM
17	I am now clearer on what I want my future to be	1/25/2021 9:32 PM
18	I am able to make contact and have more positive self talk	12/16/2020 11:08 AM
19	I come out of the sessions happier but I still get anxious about things	12/9/2020 11:16 AM
20	It is my daughter having the sessions. She is learning coping mechanisms for her mood swings and problems.	11/29/2020 7:09 PM
21	it has helped me understand myself a bit	11/26/2020 1:10 PM
22	I felt very anxious before, and now I now I have someone to turn to to help me figure out my life. I also felt very confused in my marriage, and we are now working through that.	11/9/2020 10:39 PM
23	I feel that if I continue with the therapy I will eventually reach a good place where my mental health isn't easier, but atm therapy is useful, but painful. I feel supported and am getting important insights that are helping me to unpack my baggage slowly	11/9/2020 8:26 PM
24	Art therapy really helped my son with his behaviour.	11/9/2020 12:58 PM
25	I don't feel unnecessarily anxious and i feel i am in control of my thoughts and mostly in charge of my feelings	10/28/2020 11:20 AM
26	Our discussions have had an overall positive effect and will, I'm sure, help moving forward...small steps...	10/22/2020 11:51 PM
27	The sessions enabled our daughter to deal with her grief after the suicide of her brother, and helped her become more expressive of her emotions and able to deal with them more independently	10/20/2020 9:21 AM
28	The support has contributed significantly, as it had helped me put things more in perspective, to have much more self belief (which I felt I'd lost), has helped me to prioritise what is important for me & encouraged me to take positive & real steps/channel my energies into doing some things for me eg returning to yoga (albeit online for now), restarting my walks outside the home (walking is very important to me re health & wellbeing) etc. I am so handful.	10/18/2020 9:59 PM
29	Improved opportunities for socialising and making choices	10/7/2020 12:54 PM
30	Good to get support from somebody who cares, through mood swings.	10/5/2020 11:19 AM
31	I like speaking to somebody as I'm quite lonely. It's interesting, bit different, makes a change from routine	10/1/2020 1:10 PM
32	I'm better than I have been	10/1/2020 12:52 PM
33	My befriender is reliable and doesn't give up on me	10/1/2020 12:30 PM
34	I have someone to talk to who doesn't judge me and is safe	10/1/2020 12:15 PM
35	I feel like a new woman! I was sectioned in the past. Making progress.	10/1/2020 11:55 AM
36	Got me out of my own head	10/1/2020 10:06 AM
37	learnt not so unusual, techniques	9/29/2020 3:28 PM
38	It's nice to have another friend	9/23/2020 6:52 PM
39	I already felt mentally and physically strong when I started receiving this support and my well-being has not changed. I was already most of the way to recovering from my issues when the support started.	9/17/2020 8:58 PM
40	Having an ear non judgemental	9/16/2020 11:40 PM

GM BAME Mental Health Evaluation 2020

41	having someone to talk	8/28/2020 1:17 PM
42	Good to talk things over with a caring person	8/27/2020 3:08 PM
43	Knowing each week I have someone (who I don't know) to be able to talk to about how I feel.	8/27/2020 12:24 PM
44	By getting more connections	8/27/2020 10:46 AM
45	It has helped me to feel stronger about everything and understand i am not the only one isolated or upset about the lockdown. Everyone is missing everyone.	8/26/2020 9:07 PM
46	someone to talk freely to	7/29/2020 6:22 PM

Q11 Has your involvement reduced your stress levels?

Answered: 90 Skipped: 0



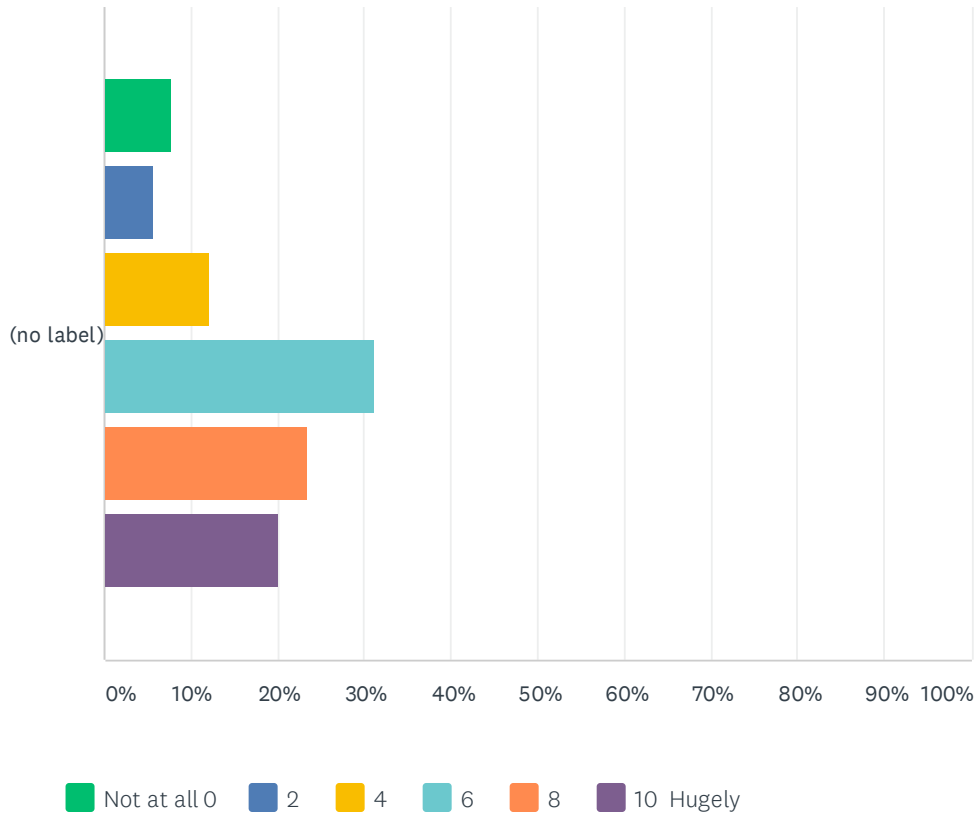
Legend: Not at all 0 (Green), 2 (Blue), 4 (Yellow), 6 (Cyan), 8 (Orange), 10 Hugely (Purple)

	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	5.56%	7.78%	14.44%	18.89%	32.22%	21.11%	90	6.56
	5	7	13	17	29	19		

Q12 Has your involvement reduced your anxiety levels?

Answered: 90 Skipped: 0

GM BAME Mental Health Evaluation 2020



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	7.78%	5.56%	12.22%	31.11%	23.33%	20.00%	90	6.33
	7	5	11	28	21	18		

#	HOW HAS SUPPORT AFFECTED YOUR STRESS OR ANXIETY LEVELS?	DATE
1	Being able to talk through my problems and worries with someone calm and kind really took the edge off my anxiety, allowing me to assess difficulties more serenely.	3/23/2021 5:42 PM
2	I don't have anxiety so it wasn't affected. Stress hasn't been helped as my life situation hasn't changed or improved.	3/17/2021 11:44 AM
3	Being able to talk to Someone and let it all Out	3/15/2021 6:40 PM
4	Still working on it but has improved	3/11/2021 3:57 PM
5	It reduced the stress and pressure I was feeling.	3/11/2021 9:51 AM
6	Helped provide our daughter with coping tactics and mechanisms	3/10/2021 11:20 PM
7	I feel much better able to face the world as I felt I had 'lost' myself but now am well on the way to being back to myself	3/10/2021 4:59 PM
8	Having someone to talk to has reduced them but my therapist has also taught me techniques that I can use to help me reduce my stress and anxiety. I'm not all the way there yet, but I am getting there.	3/10/2021 12:20 PM
9	yes much better	3/10/2021 12:34 AM
10	I feel less socially anxious, have more confidence in how to respond to myself when i do feel anxiety creeping up.	3/4/2021 9:21 PM
11	I wasn't compassionate towards myself and with chronic pain my anxiety was putting me in a rut. I didn't feel excitement or joy with things I had achieved, I would avoid certain activities for fear of pain. My stress levels were making me miserable but now I feel so much better.	3/2/2021 7:25 AM
12	I think that I will be ok and its only my anxiety talking. Its got me through. Things are not in my control. Knowing what stressors are.	2/17/2021 10:09 AM
13	TG I am not an anxious person	2/12/2021 10:05 AM
14	I am able to manage my emotions	2/4/2021 9:02 PM

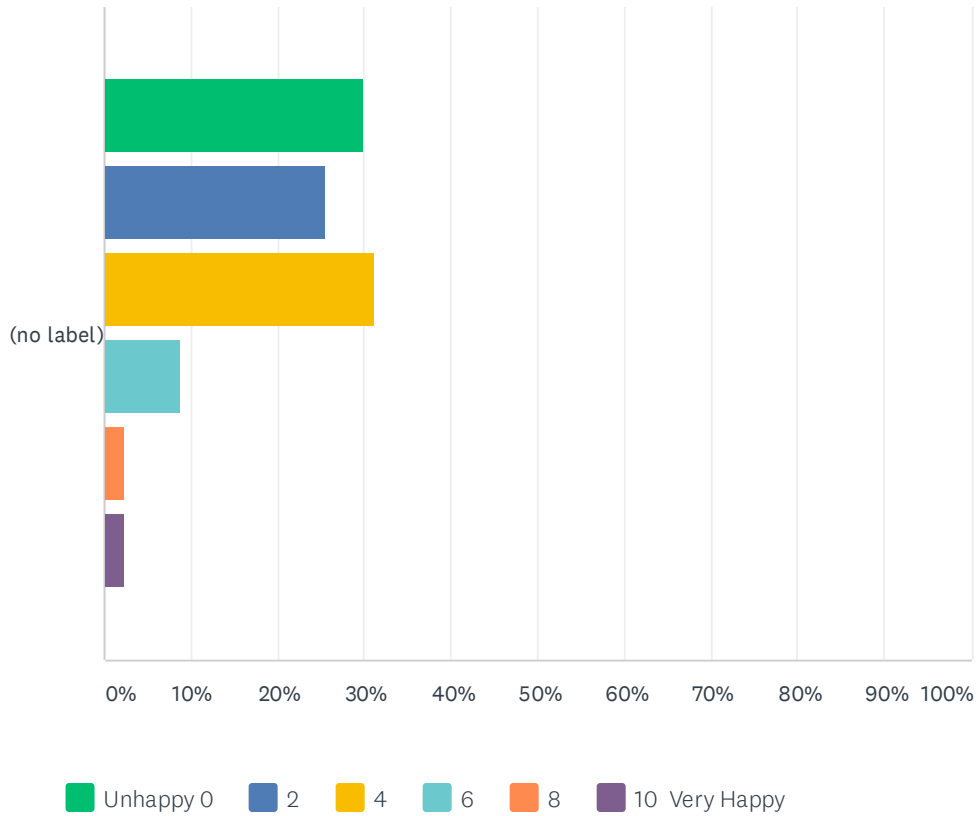
GM BAME Mental Health Evaluation 2020

15	I was given tools how to manage my anxiety	2/1/2021 1:39 PM
16	Starting to be reduced	1/27/2021 12:28 PM
17	Helped me manage better	1/25/2021 9:32 PM
18	By addressing the problem and using the tools I was given	12/16/2020 11:08 AM
19	as above	11/29/2020 7:09 PM
20	its helped me undertstand how to tackle difficulties	11/26/2020 1:10 PM
21	Made it easier with friends	11/22/2020 10:53 AM
22	Just facing the issues I have and talking about them has already impacted my life.	11/9/2020 10:39 PM
23	As I am at the beginning of therapy, my anxiety and stress is triggered by talking about my issues. It's an important process though and I'm willing to go through the discomforts ro get to a more peaceful place please G-d	11/9/2020 8:26 PM
24	Talking things through has helped, however, there's a way to go yet.	10/22/2020 11:51 PM
25	Our daughter would not fall asleep, and would have crying episodes regularly, which has all settled down now.	10/20/2020 9:21 AM
26	I still have anxieties but I feel they are more in perspective; plus I now have strategies in place to lift myself out of/away when I feel low/particularly anxious.	10/18/2020 9:59 PM
27	Having a befriender has helped to reduce stress and anxiety.	10/7/2020 12:54 PM
28	I have learnt to break my worries down in a more manageable way.	10/5/2020 5:34 PM
29	up and down the whole time	10/5/2020 11:19 AM
30	I live with anxiety but I did feel the befriending helped somewhat	10/5/2020 11:07 AM
31	It really helped when I couldn't leave the house at all during lockdown.	10/1/2020 1:10 PM
32	It's good to be able to talk to someone freely.	10/1/2020 12:52 PM
33	RELIABLE SUPPORT	10/1/2020 12:30 PM
34	Yes when we are involved	10/1/2020 12:15 PM
35	I know someone trusted is here for me	10/1/2020 11:55 AM
36	I live with long term anxiety and stress due to husband's illness and own difficulties plus Corona and shielding	10/1/2020 10:06 AM
37	My son says he is able to deal with his anxiety better.	9/22/2020 9:05 PM
38	I have felt more relaxed because I know that I have somebody who cares about me to talk to.	9/17/2020 8:58 PM
39	been taught coping strategies	8/28/2020 1:17 PM
40	Things have settled down anyway .but still nice to speak it out	8/27/2020 3:08 PM
41	Not constantly worrying about everything all the time.	8/27/2020 12:24 PM
42	Feel understood	8/27/2020 10:46 AM
43	It has made me calmer within myself and shown me that I cannot help what I cannot control. It is a slow ongoing process	8/26/2020 9:07 PM

Q13 How would you rate your mood before your involvement?

Answered: 90 Skipped: 0

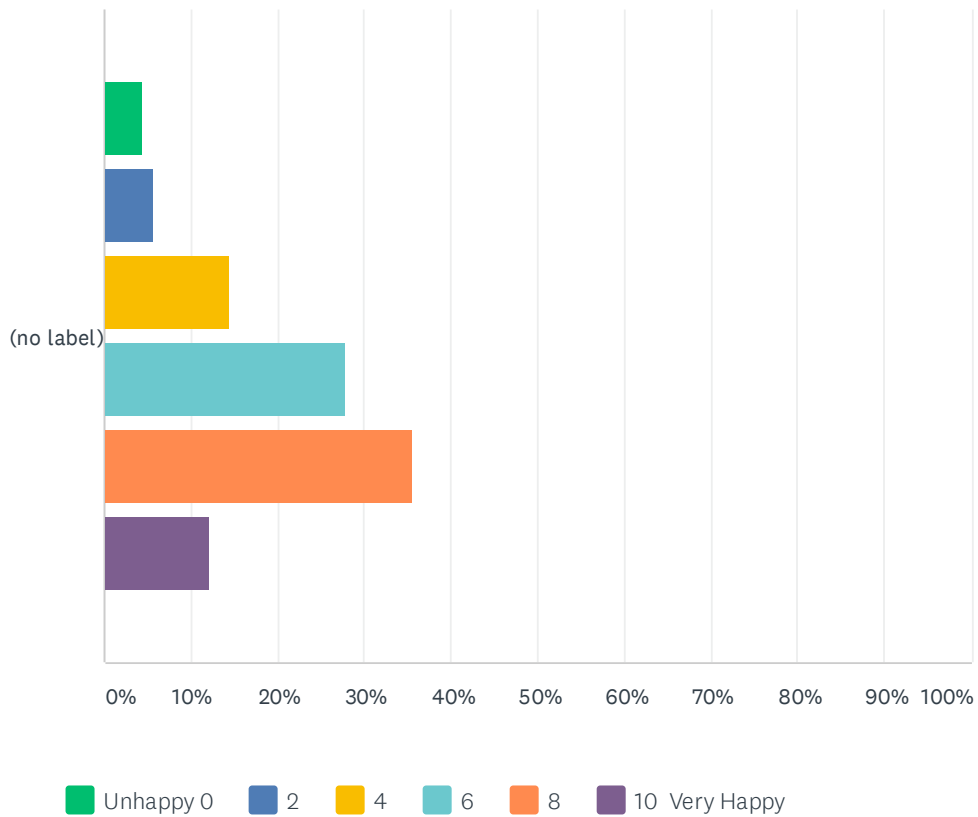
GM BAME Mental Health Evaluation 2020



	UNHAPPY 0	2	4	6	8	10 VERY HAPPY	TOTAL	WEIGHTED AVERAGE
(no label)	30.00%	25.56%	31.11%	8.89%	2.22%	2.22%	90	2.69
	27	23	28	8	2	2		

Q14 How would you rate your mood now?

Answered: 90 Skipped: 0



GM BAME Mental Health Evaluation 2020

	UNHAPPY 0	2	4	6	8	10 VERY HAPPY	TOTAL	WEIGHTED AVERAGE
(no label)	4.44%	5.56%	14.44%	27.78%	35.56%	12.22%		
	4	5	13	25	32	11	90	6.42

Q15 What would make the services provided better?

Answered: 52 Skipped: 38

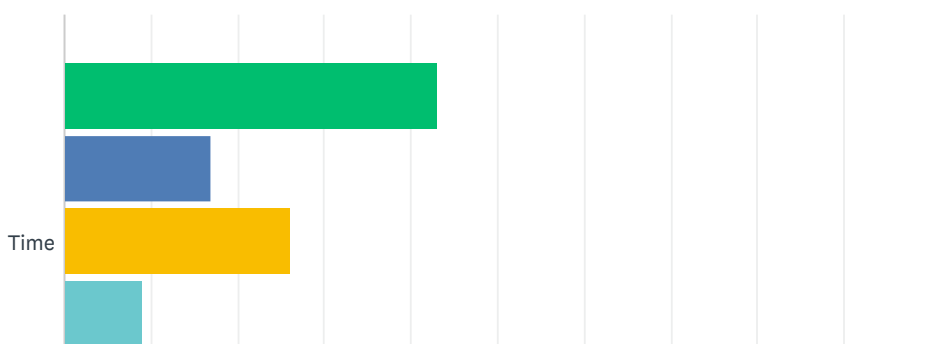
#	RESPONSES	DATE
1	not sure	3/17/2021 11:44 AM
2	To carry on doing that they are doing. It's a fantastic service.	3/15/2021 6:40 PM
3	It would be better to have face to face contact but because of covid and I don't have much time so it was ok over zoom.	3/11/2021 9:51 AM
4	Pre checks to ensure any professional certification doesn't expire during sessions!	3/10/2021 11:20 PM
5	Nothing I can think of at present	3/10/2021 4:59 PM
6	Probably the ability to have a few more sessions if they are needed	3/10/2021 12:58 PM
7	I'm so happy with the support I've been given and feel like I've been much improved since finding jamh	3/10/2021 12:27 PM
8	I really feel that it is so important that these services get funding so that people will get the opportunity to have free therapy for a longer period of time if it is necessary. Also, the mental health repercussions of covid are going to last for years and I think it's important that there is funding for mental health in the long term.	3/10/2021 12:20 PM
9	more sessions	3/10/2021 12:34 AM
10	To have more sessions available	3/8/2021 10:24 AM
11	It is excellent. Confidential, professional and Kate was so kind and non judgmental when i first reached out.	3/4/2021 9:21 PM
12	Amanda Dee was perfect I can't imagine how this service can improve!	3/2/2021 7:25 AM
13	More sessions, longer sessions, more often.	2/17/2021 11:37 AM
14	Face to face ideally but am aware this is due to Covid. Anyway face to face wouldn't have worked initially as I was too anxious	2/17/2021 10:09 AM
15	The service is outstanding	2/4/2021 9:02 PM
16	More sessions	1/27/2021 12:28 PM
17	Covid was challenging Maybe more effective communication	1/25/2021 9:32 PM
18	If i would have gotten 8 sessions rather than six... i know one can apply for more but i won't.	12/23/2020 6:33 PM
19	Being allowed more sessions.	12/16/2020 11:08 AM
20	If I could get more sessions.	12/9/2020 11:16 AM
21	providing family therapy sessions, not just to individuals. Thanks	11/29/2020 7:09 PM
22	6 sessions not enough more needed	11/26/2020 1:10 PM
23	Having more slots available	11/9/2020 10:39 PM
24	I think the services and wonderful and I feel really grateful. Thank you!!	11/9/2020 8:26 PM
25	Rivkie Brunner is a terrific therapist and tackles the complexities our son has. As of yet, we are not seeing the practical change in his behaviour. He is, however, more aware and able to name feelings and emotions and has learned tools to "express this". I too have learned to ask him about his feelings and to encourage him to express this. We feel confident that with continued therapy, the methods will become practice and the confidence in himself will improve and empower him to enjoy a happy well rounded life PG.	10/29/2020 4:14 PM
26	my sessions were not in person because of COVID. I'm sure face to face would have been	10/28/2020 11:20 AM

GM BAME Mental Health Evaluation 2020

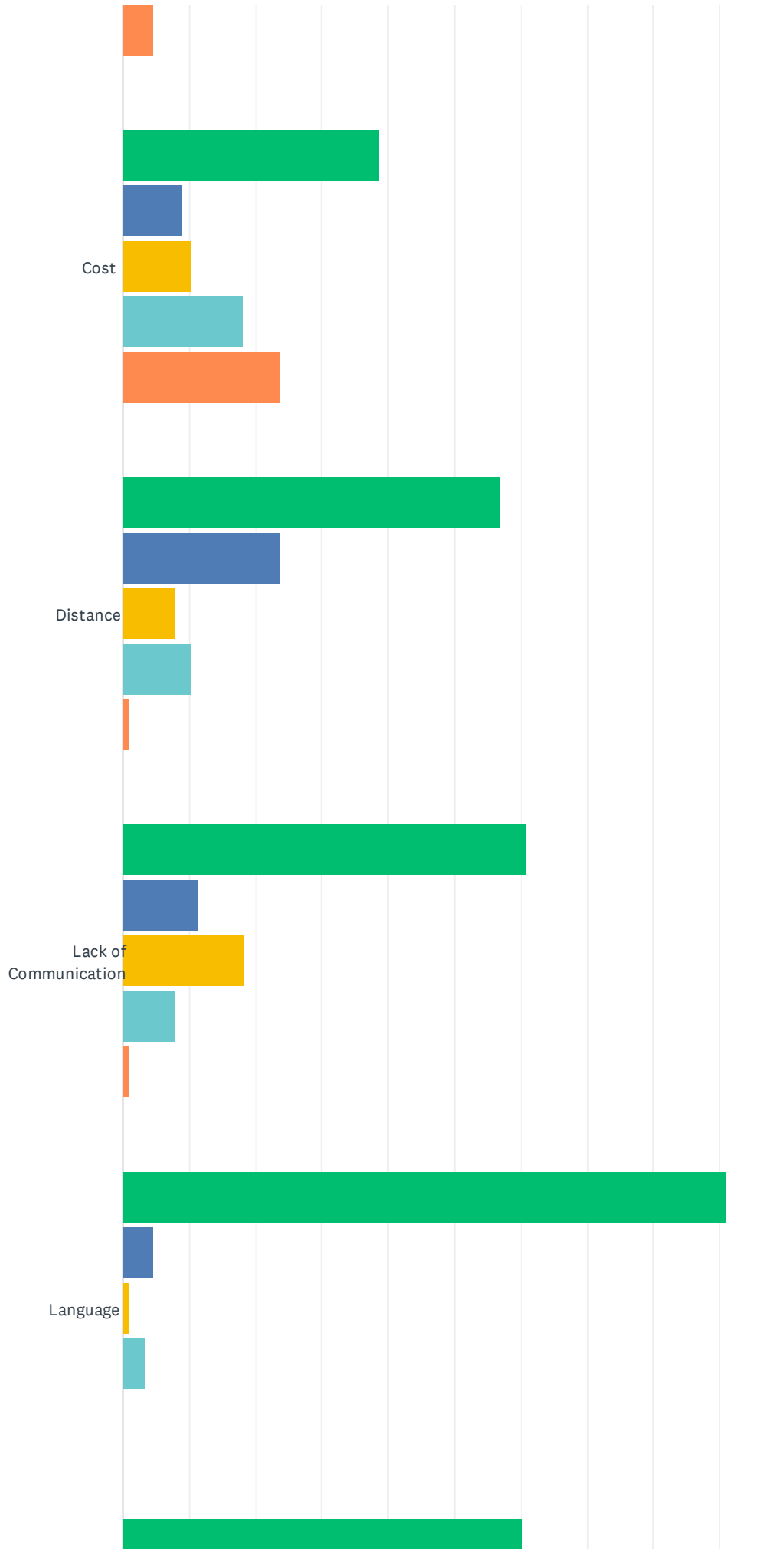
	even better	
27	I need to give this more thought	10/22/2020 11:51 PM
28	We were ever so pleased with the service.	10/20/2020 9:21 AM
29	The services provided were excellent. My Counsellor was Knowledgeable, patient, caring & enabling. She was so 'tuned in' to where I was at in each & every session, I never felt awkward or rushed & I valued greatly her help & support. A huge thank you goes to her. She enabled me to lift myself out of feelings of (almost) despair & certainly of great fear.	10/18/2020 9:59 PM
30	More community resources, but unfortunately reduced due to COVID	10/7/2020 12:54 PM
31	Face to face counselling would have been good, but know because of Covid that couldn't happen.	10/5/2020 5:34 PM
32	I wish I could have contact a bit more often from the supervisors to check how it's going	10/5/2020 11:07 AM
33	another befriender- or more contact with the one I have	10/1/2020 1:45 PM
34	Help with stress and anxiety- talking with my befriender about those things	10/1/2020 1:35 PM
35	motivation, a support worker to help with mental health	10/1/2020 1:22 PM
36	It's good speaking to people. Wish they could come around.	10/1/2020 1:10 PM
37	I cant think of anything	10/1/2020 12:52 PM
38	Would be nice to do peer support as well	10/1/2020 12:30 PM
39	More often visits . Opportunities for me to do something within neshomo	10/1/2020 12:15 PM
40	I'm not sure. A support worker will be nice to help me at home and everyday life. But must be non-judgmental if my mess. I have chronic pain and fatigue.	10/1/2020 11:55 AM
41	I live with long-term mental health challenges and avoid social prescribing. The more I focus on my mental health the more I get upset.	10/1/2020 10:53 AM
42	wouldn't change anything- wish it could be face to face	10/1/2020 10:06 AM
43	I am very content with the services that I am currently receiving.	9/17/2020 8:58 PM
44	Easy direct contact with the person I'm attached to	9/16/2020 11:40 PM
45	more art sessions with chava and more counselling with therapist.	8/28/2020 4:01 PM
46	nothing	8/28/2020 1:17 PM
47	I need more sessions for support	8/27/2020 6:05 PM
48	Cant think of anything	8/27/2020 3:08 PM
49	If it wasn't for Covid, face to face consultations would be good.	8/27/2020 12:24 PM
50	If had more time	8/27/2020 10:46 AM
51	It is an excellent and caring service	8/26/2020 9:07 PM
52	not applicable as greatly bereaved from family death.	8/5/2020 6:04 PM

Q16 How much of a barrier are the following to getting support?

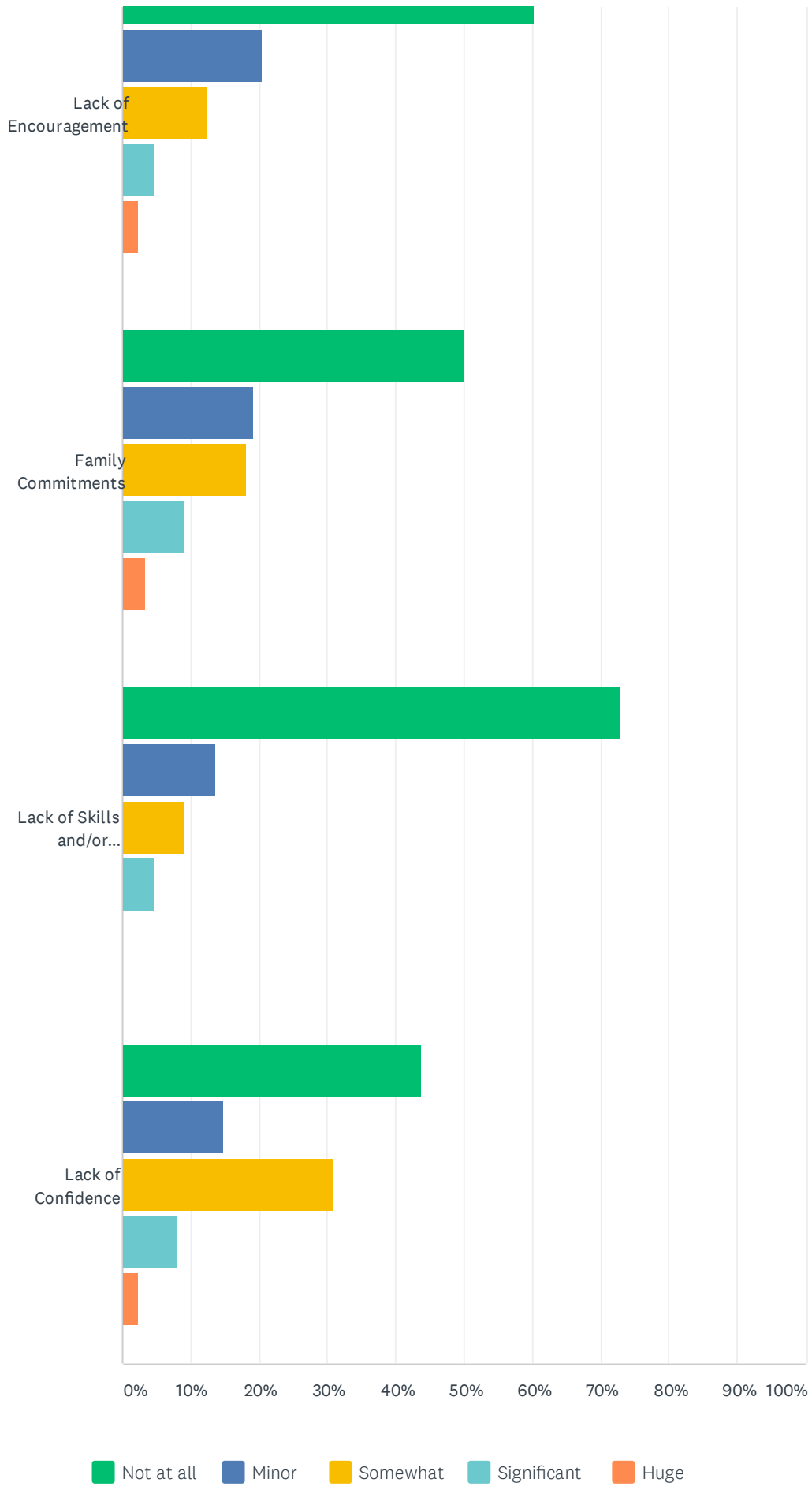
Answered: 88 Skipped: 2



GM BAME Mental Health Evaluation 2020



GM BAME Mental Health Evaluation 2020



GM BAME Mental Health Evaluation 2020

	NOT AT ALL	MINOR	SOMEWHAT	SIGNIFICANT	HUGE	TOTAL	WEIGHTED AVERAGE
Time	43.18% 38	17.05% 15	26.14% 23	9.09% 8	4.55% 4	88	2.15
Cost	38.64% 34	9.09% 8	10.23% 9	18.18% 16	23.86% 21	88	2.80
Distance	56.82% 50	23.86% 21	7.95% 7	10.23% 9	1.14% 1	88	1.75
Lack of Communication	60.92% 53	11.49% 10	18.39% 16	8.05% 7	1.15% 1	87	1.77
Language	90.91% 80	4.55% 4	1.14% 1	3.41% 3	0.00% 0	88	1.17
Lack of Encouragement	60.23% 53	20.45% 18	12.50% 11	4.55% 4	2.27% 2	88	1.68
Family Commitments	50.00% 44	19.32% 17	18.18% 16	9.09% 8	3.41% 3	88	1.97
Lack of Skills and/or Abilities	72.73% 64	13.64% 12	9.09% 8	4.55% 4	0.00% 0	88	1.45
Lack of Confidence	43.68% 38	14.94% 13	31.03% 27	8.05% 7	2.30% 2	87	2.10

#	PLEASE TELL US MORE ABOUT THE BARRIERS OR ANY OTHERS YOU MAY FACE?	DATE
1	No	3/11/2021 10:00 AM
2	I am totally unclear whether the last 9 questions refer to the counselling I received from JAMH or other attempts in the past to find support. I cannot stress too much that had it not been for JAMH I could not have found and afforded the support I needed and still need. Had it not been for JAMH 's help I would have remained in a very bad place and due to other events may have become even worse. Such good and long term support could only have been found at a cost I could not afford . Also I found it extremely difficult to find other support in spite of hours of phone calls and internet searches. I am articulate and felt able and willing to talk and persist in my search for help. Others may not be so fortunate.	3/10/2021 5:09 PM
3	mainly financial	3/10/2021 12:35 AM
4	Mainly financial. I know i needed to do this work, but it is just so expensive.	3/4/2021 9:23 PM
5	Shame and stigma for having mental health issues	3/2/2021 7:27 AM
6	JAMH was a massive help in overcoming the many issues that would have stopped be accessing help. Financial stresses would for me have been a major concern.	2/4/2021 10:24 PM
7	Willingness to open up	1/27/2021 12:29 PM
8	I have a daughter, so she needs to be cared for. It takes alot of work to do therapy..	11/9/2020 10:46 PM
9	I have young children so have to find babysitters, and I don't have money for therapy as I am a single parent	11/9/2020 8:29 PM
10	I'm very open to discussion which may be unusual but it may not always be the case that their is is a good "match" between parties.	10/23/2020 12:03 AM
11	The greatest barrier to getting support s the ongoing costs of sessions, which can be a significant drain on the finances of many people already on a tight budget. We were only able to access these sessions, which were desperately needed for the wellbeing of our child, because we had the financial support to do so.	10/20/2020 9:24 AM
12	I am shielding so mainly 'stuck' at home. I also have son (adult) with significant disabilities & support him on a daily basis. Costs have to be taken into consideration as I am a Pensioner. I have significant health issues, including being on 'life saving' treatment for rest of my life.	10/18/2020 10:04 PM
13	Difficulty accessing specific person directly.	10/7/2020 12:55 PM
14	Needed to sit in my car at work in my lunch hour for the sessions, as I didn't want to be at	10/5/2020 5:38 PM

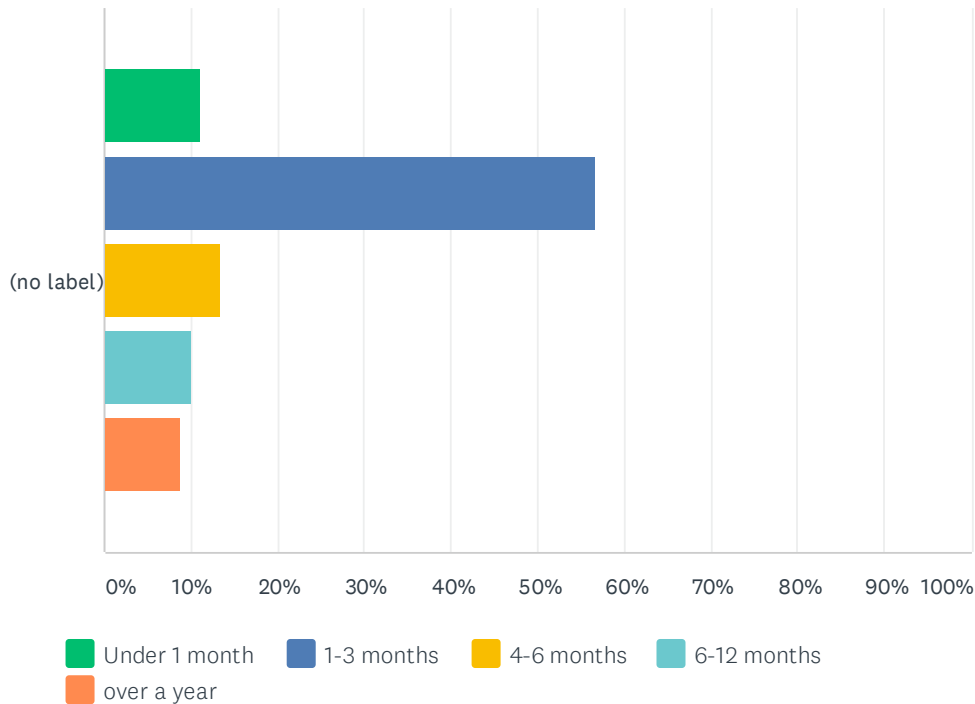
GM BAME Mental Health Evaluation 2020

home in case I was overheard by my family.

15	Stigma	10/5/2020 11:21 AM
16	Embarrassment, stigma	10/5/2020 11:08 AM
17	maybe people are shy or embarrassed to reach out	10/1/2020 1:45 PM
18	my memory isn't good and this affects my commuincation	10/1/2020 1:23 PM
19	Shielding due to COVID is stopping me from getting support	10/1/2020 1:11 PM
20	I'm not feeling very sociable	10/1/2020 12:53 PM
21	When my mood is low I struggle to reach out	10/1/2020 12:32 PM
22	Sometimes I can't find my words and my memory isn't great due to ECT and brain fog/ Fibromyalgia	10/1/2020 11:57 AM
23	I prefer to live my life without focusing on my challenges	10/1/2020 10:55 AM
24	Shielding due to Corona is main barrier to getting out	10/1/2020 10:07 AM
25	lack of knowledge of access to counselling	9/29/2020 3:30 PM
26	Babysitting	8/27/2020 11:05 PM
27	A full time single mum going through a very messy divorce	8/27/2020 6:06 PM
28	None now. Hard to admit and share at the beginning. But once I realised I needed help. No problem	8/27/2020 3:10 PM
29	I cannot fault the wonderful caring service I received	8/26/2020 9:08 PM
30	deeply grieving about death of son. too soon for therapy.	8/5/2020 6:06 PM
31	Mental health issues and bereavement issues are hard to talk about	8/5/2020 5:59 PM

Q17 How long have you been receiving support?

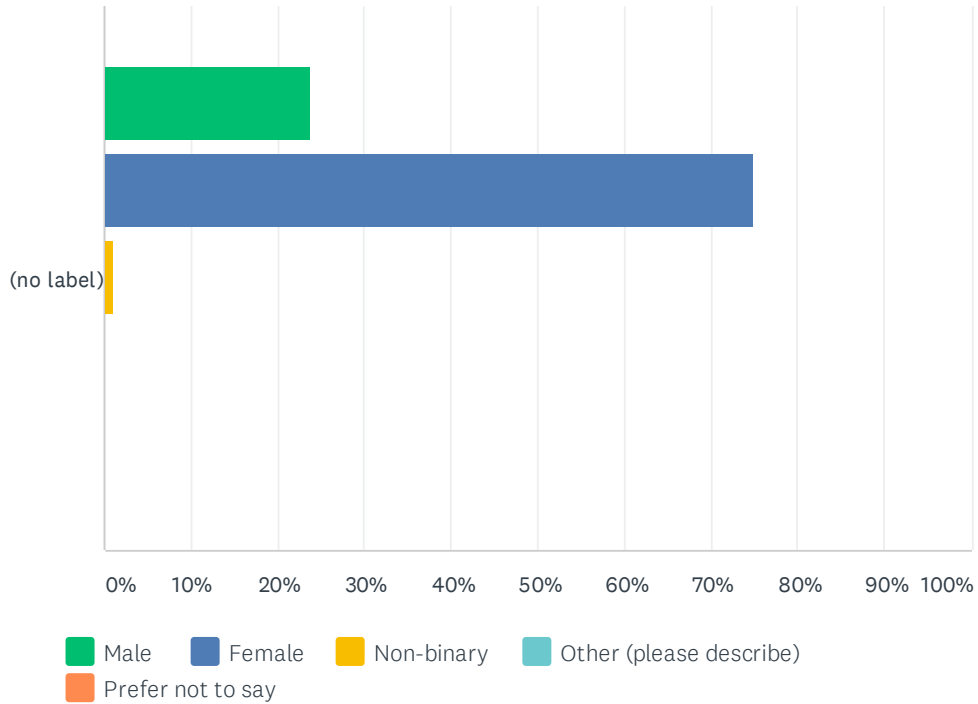
Answered: 90 Skipped: 0



	UNDER 1 MONTH	1-3 MONTHS	4-6 MONTHS	6-12 MONTHS	OVER A YEAR	TOTAL	WEIGHTED AVERAGE
(no label)	11.11% 10	56.67% 51	13.33% 12	10.00% 9	8.89% 8	90	2.49

Q18 With which gender do you identify?

Answered: 88 Skipped: 2



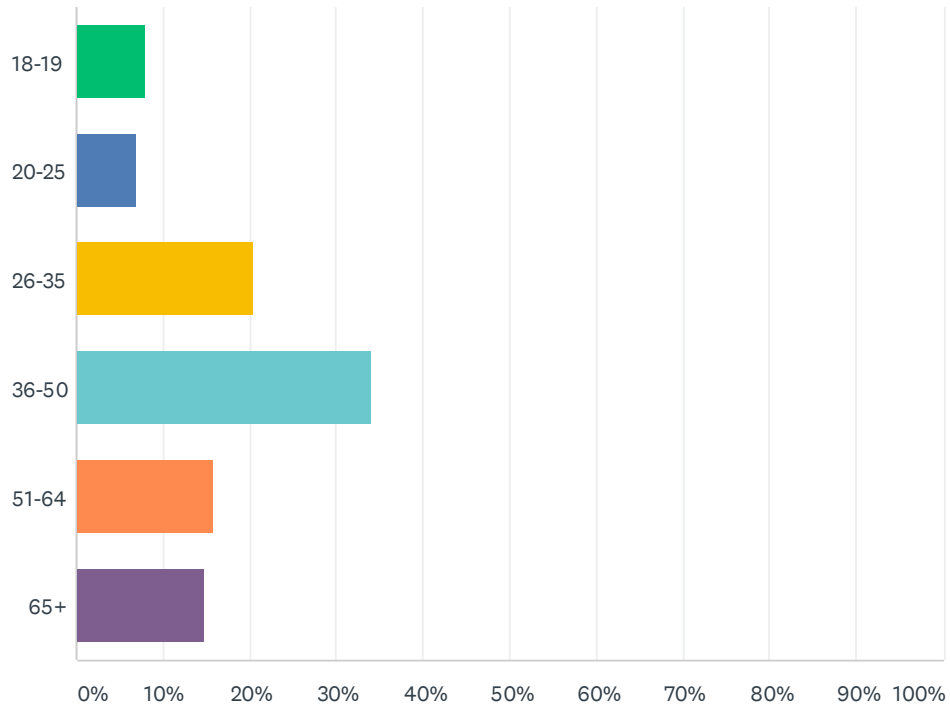
	MALE	FEMALE	NON-BINARY	OTHER (PLEASE DESCRIBE)	PREFER NOT TO SAY	TOTAL	WEIGHTED AVERAGE
(no label)	23.86%	75.00%	1.14%	0.00%	0.00%	88	1.77
	21	66	1	0	0		

#	OTHER (PLEASE DESCRIBE)	DATE
1	almost 14 yo. It was very helpful, and she is much more sociable and less shy and more talkative.	3/11/2021 4:00 PM
2	I am 14 (so I dont fit into the age boxes)	12/9/2020 11:17 AM

Q19 Age:

Answered: 88 Skipped: 2

GM BAME Mental Health Evaluation 2020

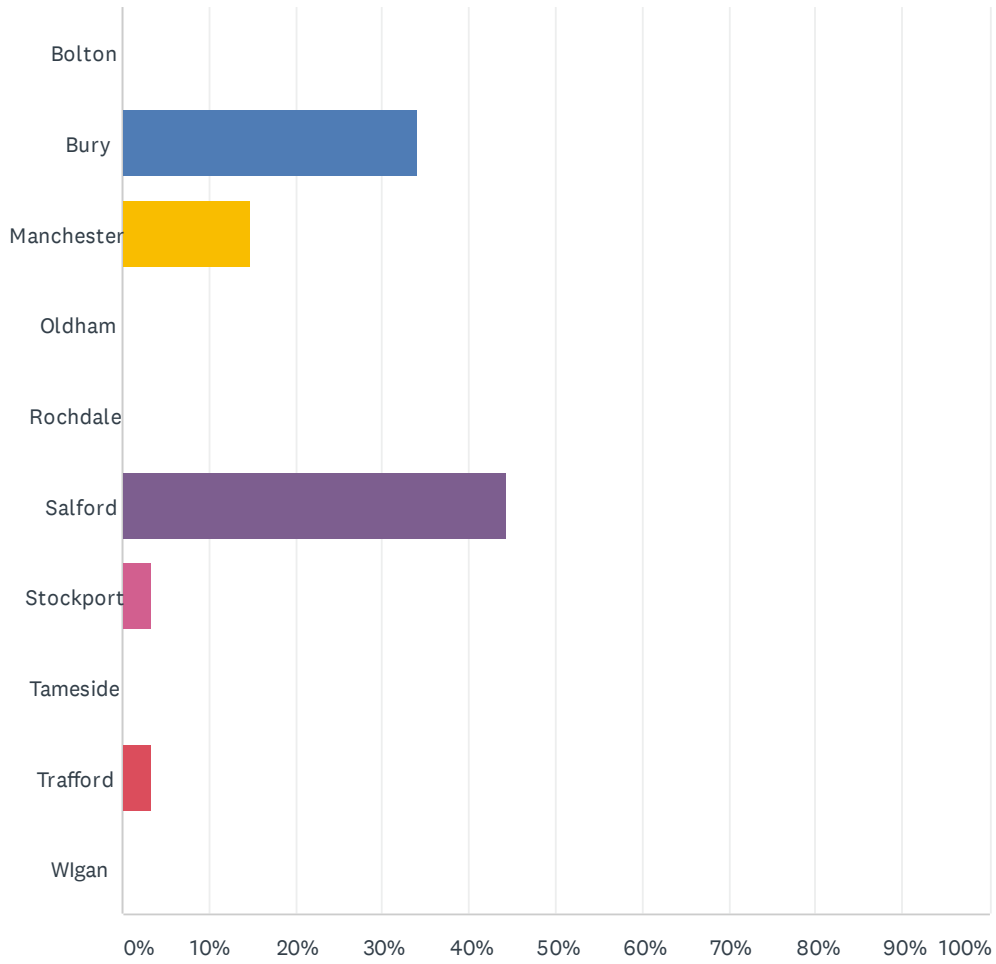


ANSWER CHOICES	RESPONSES	
18-19	7.95%	7
20-25	6.82%	6
26-35	20.45%	18
36-50	34.09%	30
51-64	15.91%	14
65+	14.77%	13
TOTAL		88

Q20 In which Local Authority do you live?

Answered: 88 Skipped: 2

GM BAME Mental Health Evaluation 2020



ANSWER CHOICES	RESPONSES	
Bolton	0.00%	0
Bury	34.09%	30
Manchester	14.77%	13
Oldham	0.00%	0
Rochdale	0.00%	0
Salford	44.32%	39
Stockport	3.41%	3
Tameside	0.00%	0
Trafford	3.41%	3
Wigan	0.00%	0
TOTAL		88

Q23 Many thanks for all your input. If you wish to add any further comments, please do so here.

Answered: 23 Skipped: 67

#	RESPONSES	DATE
1	Suzanne is a really lovely therapist. I hope she continues to help people. I found the experience very beneficial.	3/15/2021 6:42 PM
2	It was very helpful, and she is much more sociable and less shy and more talkative. Has more friends. Very happy with therapist and she is very good.	3/11/2021 4:01 PM
3	Very satisfied with the service.	3/10/2021 1:41 PM
4	Thanks for all the funding, everyone is doing an amazing job and all this has a huge impact on my life!	3/10/2021 12:36 AM
5	I just want to take this opportunity to thank JAHM for all they have done for me and, indirectly, for my family. I had a lot of baggage coming into therapy, and there is still much work I need to do, but I now feel confident that I can do it. By helping me financially, JAHM has started me on the road to recovery. Thank you.	3/4/2021 9:26 PM
6	The help I received from Esther Callek was excellent and certainly helped me.	2/18/2021 5:18 PM
7	I am in awe of JAMH. You made it so easy for me to access help. I felt supported every step of the way. Many thanks, Frayde Bowden	2/4/2021 10:38 PM
8	I truly have no words to thank you for this amazing service! May you be blessed with everything good.	2/1/2021 1:43 PM
9	Agee group not mentioned under 18	1/27/2021 12:29 PM
10	Very great full to have had support Please continue the good work	1/25/2021 9:35 PM

GM BAME Mental Health Evaluation 2020

11	My therapist Hindy Rose has been very patient with me. I have been referred to Healthy Minds but she is keeping me going until I get my first appointment. Her sessions keep me going - I cant thank her enough	12/9/2020 11:18 AM
12	Thank you JAMH for helping me! I really needed this therapy but just coulnt afford it. I now feel more positive about my future, the future of my marriage and the future of my family. Thank you! :)	11/9/2020 10:47 PM
13	i (mother of [REDACTED] - 9 Years Old) have filled this ion for my son. It askes his age. Hr is 9 and there is not option for that. I could not complete this survey w/o filling in that question.	10/29/2020 4:22 PM
14	THANK YOU!!!	10/28/2020 11:21 AM
15	During and as a direct result of Covid 19, I have suffered significantly from bouts of depression which have been exacerbated by personal circumstances, primarily as a result of a total loss of income since April 20. The support I have received in therapy, thus far, has been superb and I would say a lifesaver. I have received minimal financial support from central government, contrary to their rhetoric and zero support from my local authority who have seen fit to completely disenfranchise and ignore the dire financial circumstances I have been forced into through no fault of my own. JAMH have been a massive help, albeit only in respect of coping as opposed to dealing with one primary reason which they are clearly unable to remedy.	10/23/2020 12:39 AM
16	I hope it is acceptable to add that my Counsellor was excellent & a real credit to her Organisation/Service. I am very grateful!	10/18/2020 10:08 PM
17	I was pleasantly surprised how quickly from the time of asking for help to having my first session was.	10/5/2020 5:43 PM
18	Can we have more Yiddish speaking befrienders?	10/5/2020 11:10 AM
19	It has been a positive experience	9/23/2020 6:55 PM
20	Very happy with the JAMH therapy and I love the art sessions with Chava Erlanger. Please tell me when there is more. Thank you	8/28/2020 4:06 PM
21	Just thanks for a terrific service	8/27/2020 3:11 PM
22	Thanks for your help, shame couldn't be more.	8/27/2020 10:51 AM
23	Endless appreciation for your wonderful organisations!	8/20/2020 5:02 PM